

# Pause. @UoB

## ***Pause Crafternoon***

*Colouring and dot-to-dots are things you can do while listening to music, watching a film, catching up with a friend...we hope these ideas help you through the next weeks.*

Pause@UoB is a drop-in service for students under 25 years to talk about their mental health and wellbeing.

We are here to discuss any worries or concerns you might have - not necessarily connected to academic life.

We can help you access more specific services, refer to other organisations and share useful resources.

**No appointment is needed.**

**Pause@UoB is available to you in three ways:**

### Drop-in's

#### **Bournebrook Pavillion**

(Community Living Hub, 48 Aston Webb BLVD)

Tuesday & Wednesday 11am to 5pm

#### **The Lodge** (Just inside the North Gate)

Thursday & Friday 11am to 5pm

### Phone Support

6 days a week, 10am-6pm

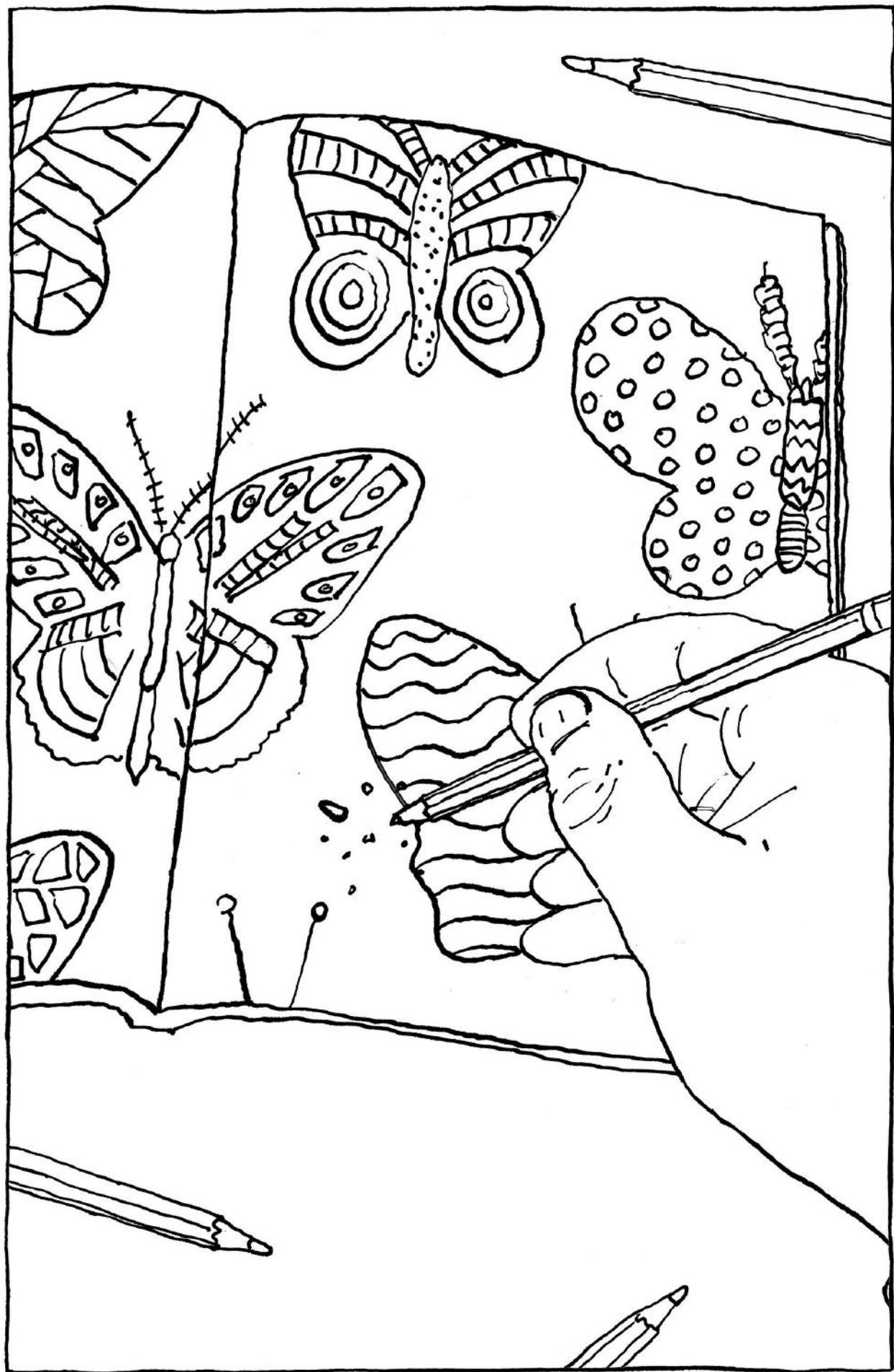


WE MUST  
accept  
FINITE  
DISAPPOINTMENT  
but we must  
NEVER  
lose  
infinite  
HOPE.

MARTIN LUTHER KING JR.

Barry

**When your pencil breaks....**



<b>Day 1: MAKE AN ORIGAMI HEART</b>  Try adding some messages of self-love on the inside of them.	<b>Day 2: WRITE A GRATITUDE LIST</b>  It could be as simple as being thankful for your morning coffee or your cosy bed!	<b>Day 3: GIVE A GIFT</b>  Anything from cards, poems & cake to items you can donate such as twiddle muffs to help dementia patients!	<b>Day 4: JOURNAL ABOUT WHAT THE WORD 'HOPE' MEANS TO YOU</b>  	<b>Day 5: MAKE A POSITIVITY JAR</b>   Fill with things that bring you a smile; favourite quotes, goals, photo's etc...
<b>Day 6: WRITE A LIST OF SELF-CARE IDEAS</b>  Have a bubble bath, watch your favourite movie, light some candles.	<b>Day 7: PRACTICE A GROUNDING EXERCISE</b>  Use each of your five senses to help you to focus on the present.	<b>Day 8: CREATE YOUR OWN WALL DECOR</b>  Being creative has been compared to meditation due to its calming effect on the mind & body.	<b>Day 9: TRY SOME DEEP BREATHING</b>  This technique can reduce anxiety, calm your mind & increase positive thought processes.	<b>Day 10: DO A RANDOM ACT OF KINDNESS</b>  Anything from litter picking to posting positive notes around your local community.
<b>Day 11: JOURNAL ABOUT WHAT 'TOGETHERNESS' MEANS FOR YOU</b>  	<b>Day 12: WRITE A LETTER TO SOMEONE YOU CARE ABOUT</b>  	<b>Day 13: PAINT A RAINBOW FOR YOUR WINDOW</b>  	<b>Day 14: CREATE A SELF-SOOTHE BOX</b>  The idea of these boxes is that they are filled with things that make you feel better.	To speak to one of our wellbeing practitioners, please contact: 02078414470 or email <a href="mailto:askteam@childrenssociety.org.uk">askteam@childrenssociety.org.uk</a> (Available from 10am-6pm, 7 days a week)

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(Available from 10am-6pm, 7 days a week)

When you're trying to eat healthy.....



**When you just want to settle down for a relaxing read....**



AROUND,  
ASURGES  
A miracle of UNCEASING  
BIRTH & GLORY & DEATH &  
OVER MY SLEEPING SELF  
FLOAT BEAMING SYMBOLS  
HOPES  
& I wake to a perfect  
PATIENCE OF MOUNTAINS.



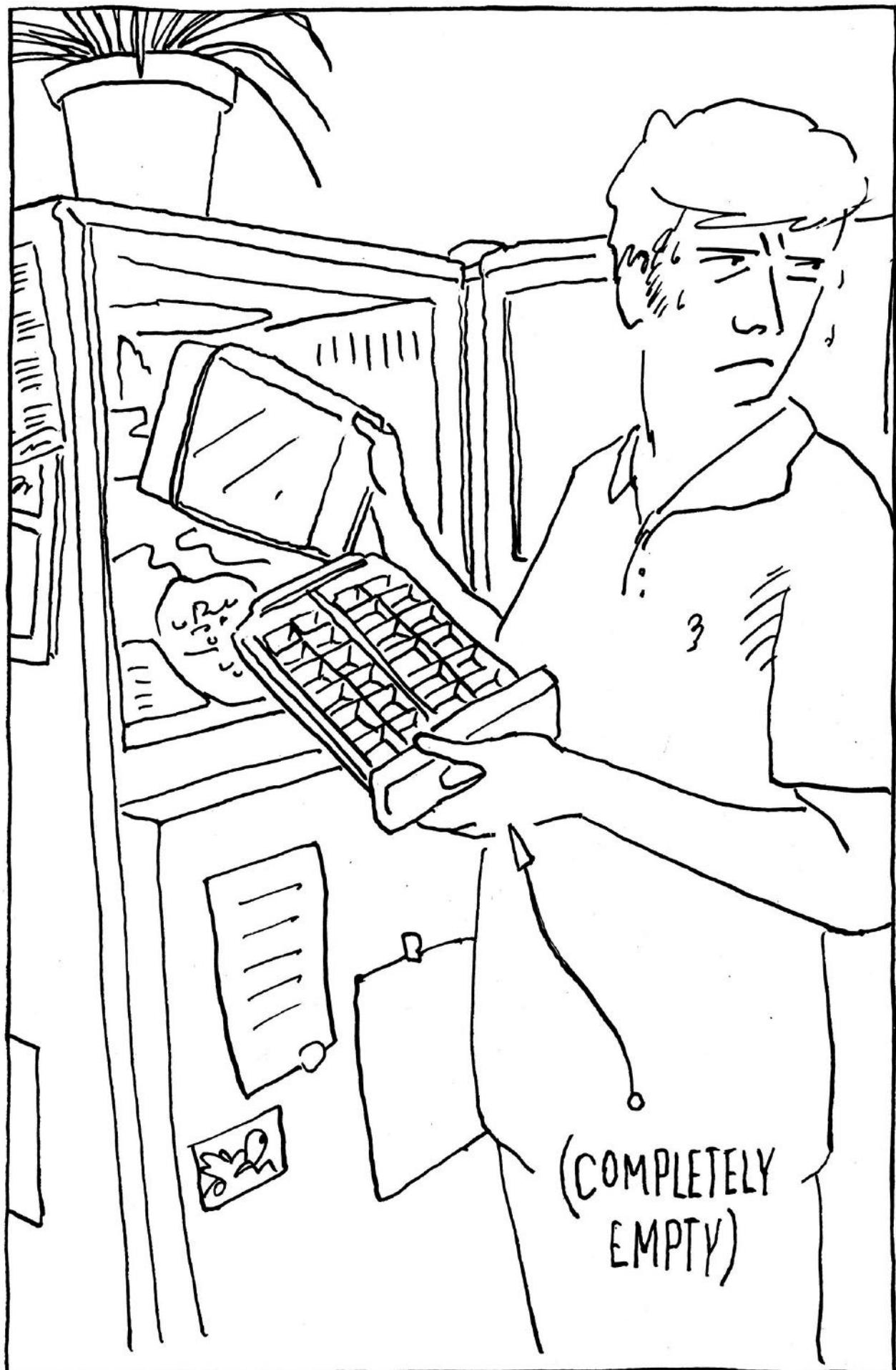
e. e. cummings

Dolan  
print

# Feel familiar?!



**When you just need a drink....**



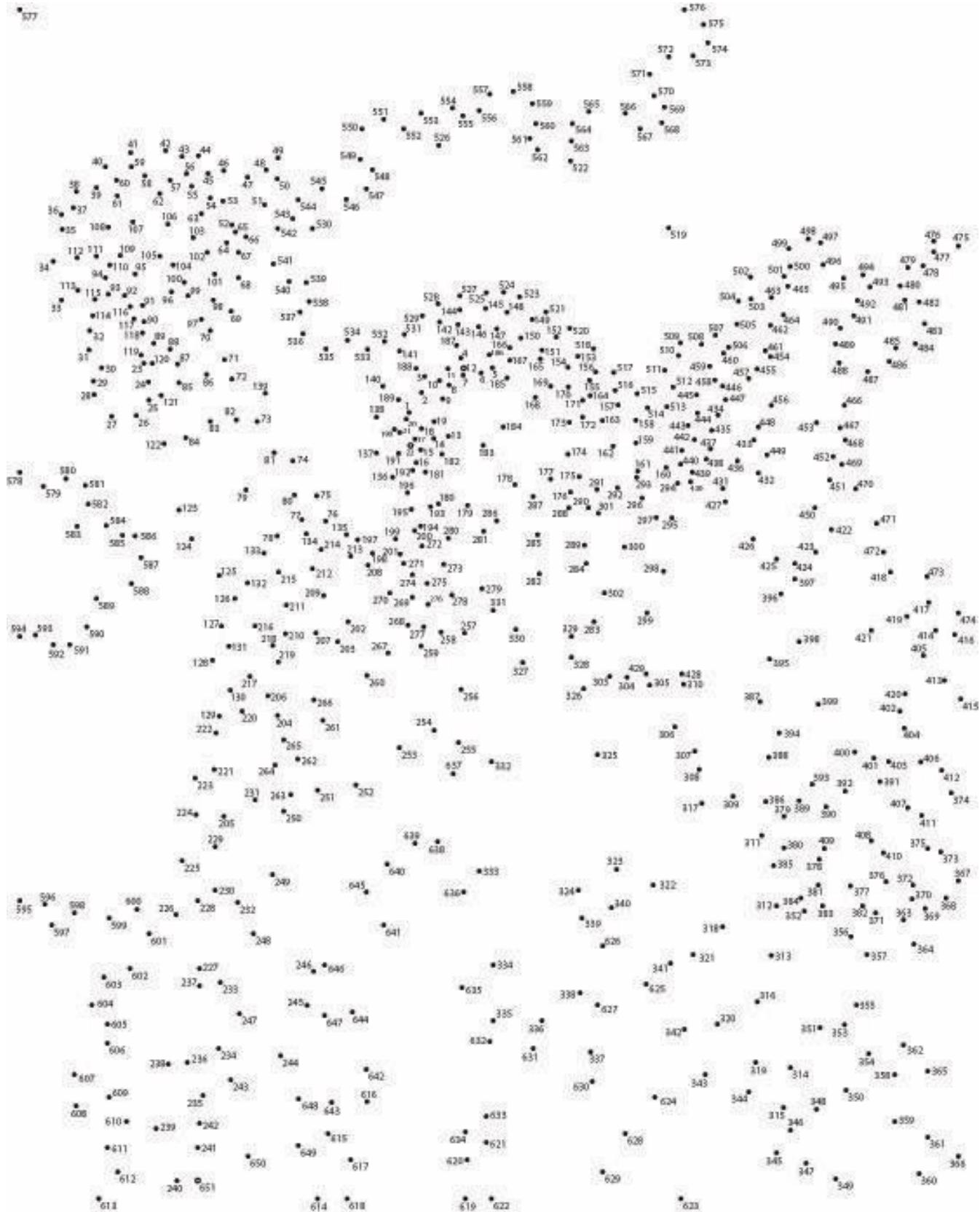
**look up and draw on this page  
four people with the same name as you**

I AM NOT A MESS, BUT  
DEEPLY *Feeling* PERSON  
IN A LESSON WORLD.  
I explain THAT NOW.  
WHEN SOMEONE NEARS WHICH  
I say. SO OFTEN.  
REASON I Laugh SO OFTEN  
BECAUSE I'M PAYING  
ATTENTION

GLENNON DAYLE MELTON

Illustration by Glennon Melton

# Try a dot-to-dot. Follow the numbers in order.



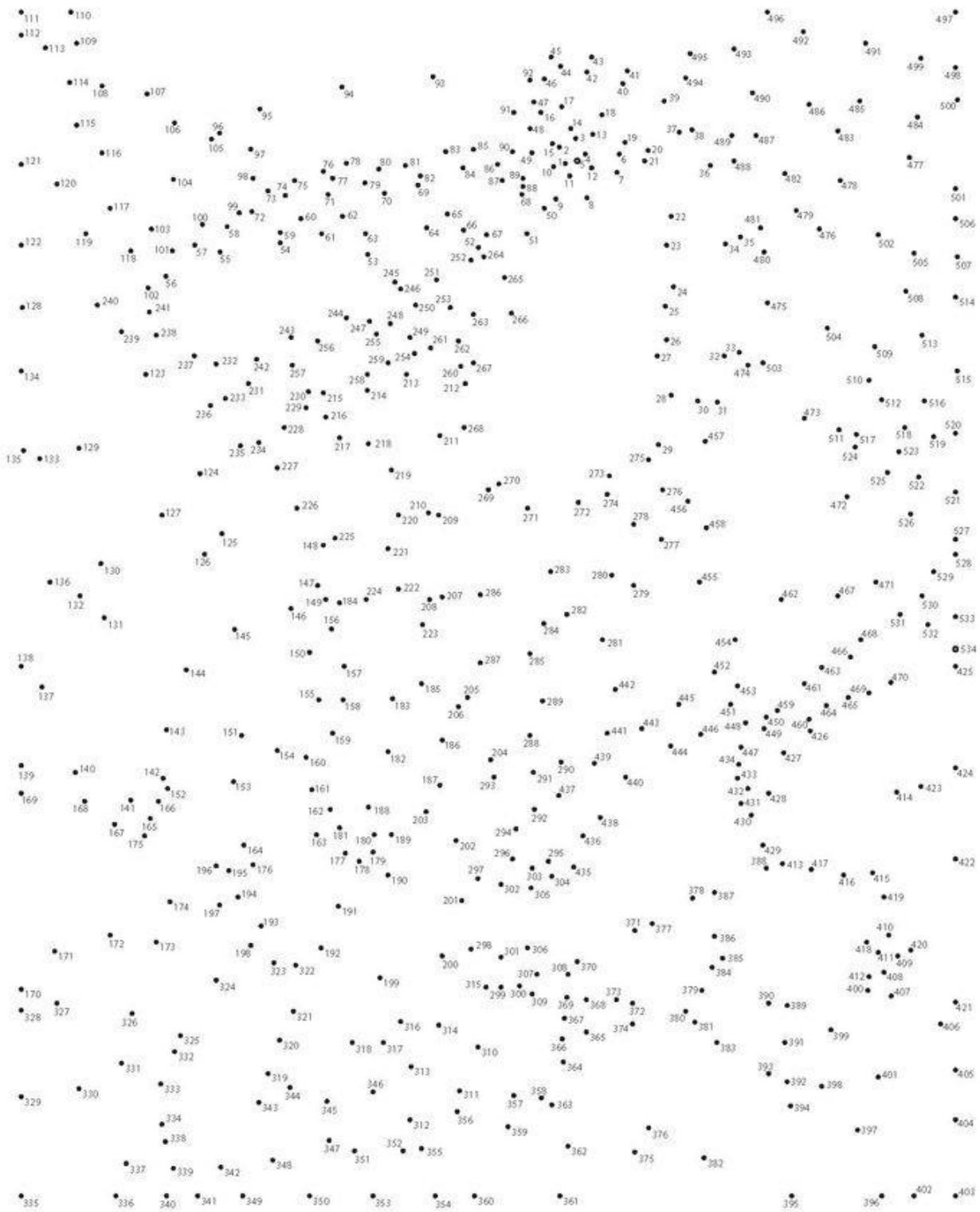


<b>Pause @ UoB</b>	Give yourself a handful of things that you are thankful for.	Self-care chatterbox
<b>Quote:</b>  "May you never overlook how powerful it can be to slow down for a moment and take a little time to breathe." - Morgan Nichols	Pause@UoB is a drop-in service for students to talk about their mental health and wellbeing. You do not need an appointment.  Bournbrook Pavilion ( <i>community living office next to Starbucks</i> ) – Tues/Weds, 11am-5pm The Lodge ( <i>just inside North gate</i> ) – Thurs/Fri, 11am-5pm  <u>Telephone support</u> ( <i>Phone: 02078414470 or email: askhems@childrenssociety.org.uk</i> ) – Mon-Sat, 10am-6pm.	Self-care suggestions for your body  1. Get outside in nature. 2. Stretch or move your body. 3. Take a nap or get an early night.
Values that are important to you E.g. Kindness, Humour etc.	Additionally, you can contact Student Space, run by the UK's student mental health charity, Student Minds. Phone: 08081895260, 4pm-11pm 7 days a week. Text 'student' to 85258, 24/7. Email <a href="mailto:student@hemix.org.uk">student@hemix.org.uk</a> , response within 24hrs.	Self-care mind suggestions for your mind 1. Being a public beta 2. Watch your favorite movie 3. Play a happy game
	Write a self-affirmation and learn to love myself.	Be kind to your mind 1. 3 personal goals for this semester 2. 3 personal goals for this semester

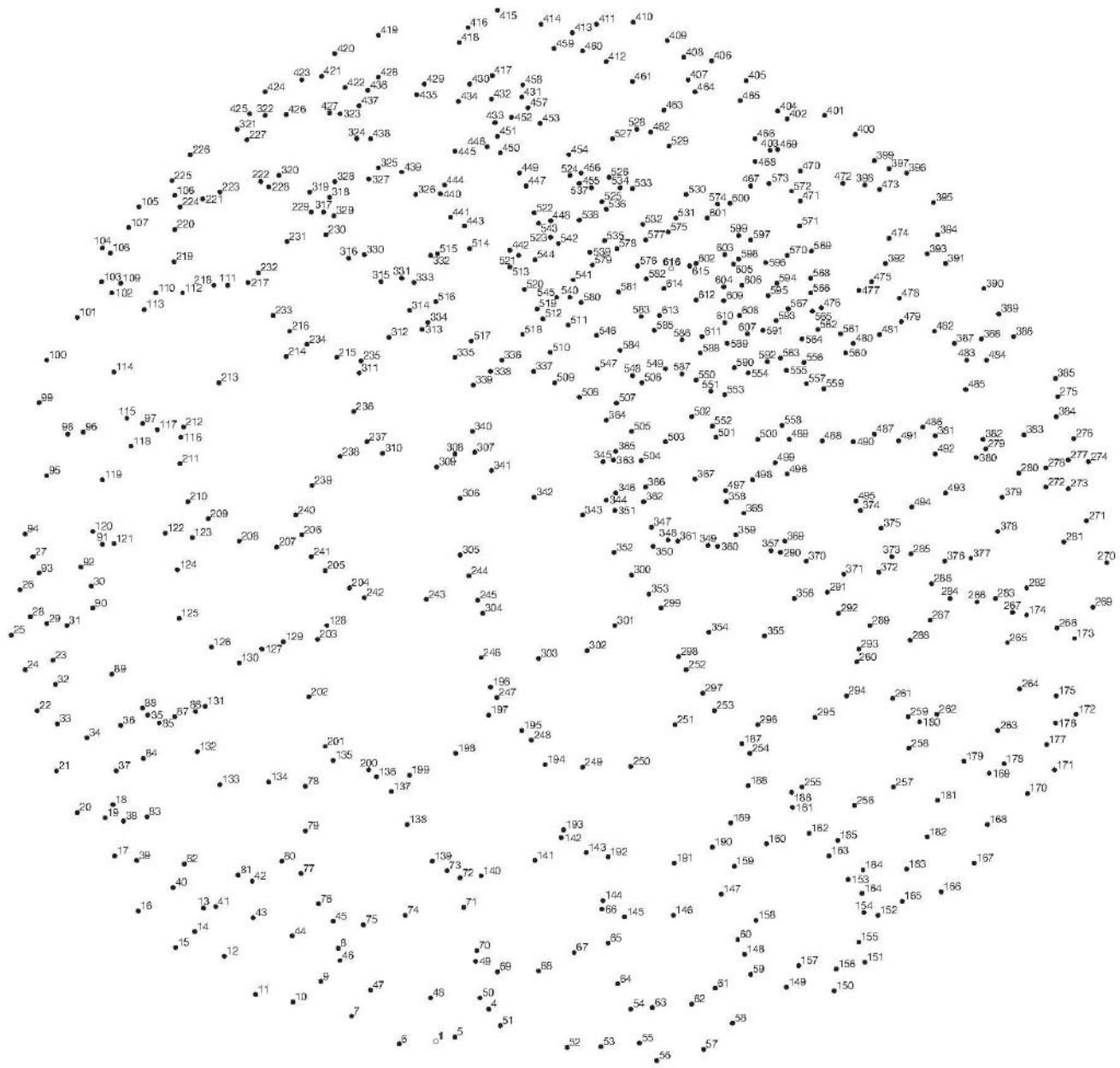
**Instructions:**

1. Fill in the blanks.
2. Cut out the black square.
3. Fold the square in half lengthways and in half across the middle.
4. Turn the square over so the writing is facing down and fold the four corners into the middle.
5. Turn the square over again and fold the new four corners into the middle.
6. Fold in half so the questions face in.
7. Finished! Your chatterbox is ready to use, pop your thumbs and fingers under the paper flaps and open it up to reveal the questions inside. Fold back the paper with the question on to see your answers beneath.

**Try a dot-to-dot. Follow the numbers in order.**



**Puzzles can be a great way to unwind after a long day.  
Create a flower with this dot-to-dots.**



IF the SIGHTS & BLUESKIES  
FILLS YOU with JOY,  
if A Breeze of GRASS SWAYING  
UP IN THE FIELDS  
HAS the POWER to MOVE  
YOU, IF THE SIMPLE  
THINGS in NATURE have  
A MESSAGE  
THAT YOU understand  
FOR YOUR SOUL  
REJOICE, IS ALIVE.

ELEONORA DUDE

Dillon  
Valent

<b>Day 1: HAVE A GO AT JOURNALING</b>	<b>Day 2: LISTEN TO A PODCAST</b>	<b>Day 3: DOODLE, DRAW, PAINT</b>	<b>Day 4: BAKE SOMETHING YUMMY</b>	<b>Day 5: TRY A SIMPLE YOGA ROUTINE</b>
From a simple list to a way of organising your thoughts onto paper, journaling can be really therapeutic and empowering.	Podcasts can be a great positive distraction. Here are 10 podcast suggestions to lift your mood and aid your wellbeing.	Art Therapy comes in many forms, it can be a way of expression and help you to feel relaxed. You don't have to be an artist to give it a go!	Join a free online baking tutorial or have a go at baking your favourite cakes or bread. Share with friends or indulge yourself!	Yoga has many benefits, it's a gentle way to move your body but can also help clear your mind. Give it a try and find what feels good.
<b>Day 6: WATCH AN INSPIRING TED TALK</b>	<b>Day 7: DISCOVER EVERYDAY BEAUTY</b>	<b>Day 8: 60 ON A VIRTUAL MUSEUM TOUR</b>	<b>Day 9: PRACTICE SELF-APPRECIATION</b>	<b>Day 10: CREATE A CARE PACKAGE</b>
There are lots of wonderful TED Talks to choose from; how about starting with one from Brené Brown on human connection & courage.	It's easy to let moments slip by waiting for them to be 'perfect', try practicing slowing down and recognising the beauty in the here and now.	Here's a way you can access culture and education at home. Museums can increase mindfulness and improve wellbeing.	The way that we talk to ourselves can have a big impact on how we feel. Try focusing on being kind and thinking about what you like about yourself.	This is a great way to show support and kindness to others when you're not physically there. And if you're in need a pick-me-up, why not make one for yourself?
<b>Day 11: CREATE A MIND PLAN</b>	<b>Day 12: EXPLORE SELF-CARE</b>	<b>Day 13: CREATE A WIND-DOWN ROUTINE</b>	<b>Day 14: MAKE A LIST OF AFFIRMATIONS</b>	
This NHS mind plan gives simple and practical advice for a healthier mind and happier life. It is really quick to do and gives personalised tips on how to feel better.	Self-care encompasses all dimensions of your wellbeing. It can be anything from enjoying a simple cup of tea to setting boundaries in relationships. The main focus is what makes you feel good.	Establishing a good routine for the evening can really help to improve your sleep, which in turn helps your mental health and wellbeing too!	Self-affirmation encourages you to think positively about the things you have or want in your life. You could write these on post-it notes and stick them around your room as reminders.	To speak to one of our wellbeing practitioners, please contact: 02078414470 or email <a href="mailto:askteam@childrensociety.org.uk">askteam@childrensociety.org.uk</a> (Available from 10am-6pm, 7 days a week)